

Why Art Therapy?

Art Therapy assists people who have difficulty expressing themselves verbally, who enjoy creative expression or who require an alternative to talking therapy.

Tactile mediums such as clay, paint, fabric and sand tray therapy are helpful for people with sensory processing disorders.

Art Therapy adapts to the needs, interests and abilities of each individual and is a gentle way to explore feelings and emotions, develop coping skills and facilitate wellness.

- Deepen understanding of oneself
- Clarify feelings, thoughts and emotions
- Identify issues and concerns
- Be heard and acknowledged
- Increase self-worth, self-determination & resilience
- Develop coping skills
- Provide a sense of purpose
- Accept change and life transitions
- Grieve healthily and integrate loss into one's life
- Enable and encourage communication
- Develop skills and a regular art practice

Art Therapy sessions are facilitated individual and small group sessions. All art materials are provided and no art skills are necessary.



Claudia Rossi
BA (Fine Art)
MA (Art Therapy) AThR

Claudia Rossi BA (Fine Art) MA (Art Therapy) AThR is a qualified artist and art therapist, who completed her Masters of Art, Art Therapy in 1997.

Claudia has worked with clients individually and in groups ranging from children to the elderly and is experienced in chronic and terminal illness, mental health, intellectual disability, ABI, ASD, homelessness and AOD.

Claudia has co-facilitated arts based employment programs with Disability Industries and Corrections Victoria.

Claudia works in clinical and community settings and currently facilitates art therapy sessions at St John of God, Pinelodge Clinic and at Annecto, David House.

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REGISTERED
NDIS PROVIDER

Professional Member ANZACATA: 46961539 (Australian, New Zealand and Asian Creative Arts Therapies Association).
NDIS Provider Number: 405 000 3706
National Police Certificate (03246007-CM0340)
Working With Children Check (0691174A-01)



CLAUDIA ROSSI
ART THERAPIST

ART THERAPY

NDIS Service Provider

Registration Group:
Therapeutic Supports, Improved Daily Living
Support Item number: 15 056 0128 1 3

Art Therapy uses art making and the creative process to bring about therapeutic change.

Who is Art Therapy for?

Art Therapy is suitable for all ages and assists with the following:

- People who find it hard to communicate verbally
- Intellectual & physical disability
- Acquired Brain Injury, Autism Spectrum Disorder & complex needs
- Sensory Processing Disorder
- Mental health issues
- Problems with addiction, such as alcohol and other drugs
- Chronic or terminal illness
- Grief and loss
- Anxiety and stress management
- Trauma and Post Traumatic Stress Disorder
- Conflict resolution
- Life transitions
- Enjoyment of creative self-expression



What is an Art Therapy session?

The Art therapy session is divided into three stages:

- 1.** *The clients' feelings and thoughts are acknowledged, concerns and issues are identified and therapeutic goals are discussed.*
- 2.** *The client is supported throughout art making which may include identifying a theme, method and art materials.*
The Art Therapist sits with the client during art making to offer support when needed.
- 3.** *The client is assisted to reflect on their artwork gently and at their own pace in order to gain insight and a deeper understanding of themselves.*

Case Examples

Samantha is nonverbal due to an acquired brain injury and was struggling to accept the recent loss of a loved one. In art therapy sessions, Samantha explored her grief and reflected on the relationship she'd shared with the deceased. Using magazine cut-outs of words and pictures, Samantha created memorials to her loved-one, which she carefully decorated and embellished. Art Therapy sessions helped Samantha to explore and express her grief in a safe, positive and healthy way.

Frank has an intellectual disability. He talks continuously and his behavior had become increasingly disruptive and prone to outbursts of anger. In art therapy sessions Frank was given the time to speak and be heard. During a year of sessions, Frank told stories of people and events in his life. These were transcribed into a journal, with assistance from the art therapist. Frank pasted family photographs and memorabilia into the journal, which became a memoir of his life. Frank is extremely proud of his journal. Art therapy sessions gave Frank an opportunity to honour his history and provided a new way of telling stories that was appropriate, healthy and positive.

(Names are changed to protect confidentiality)